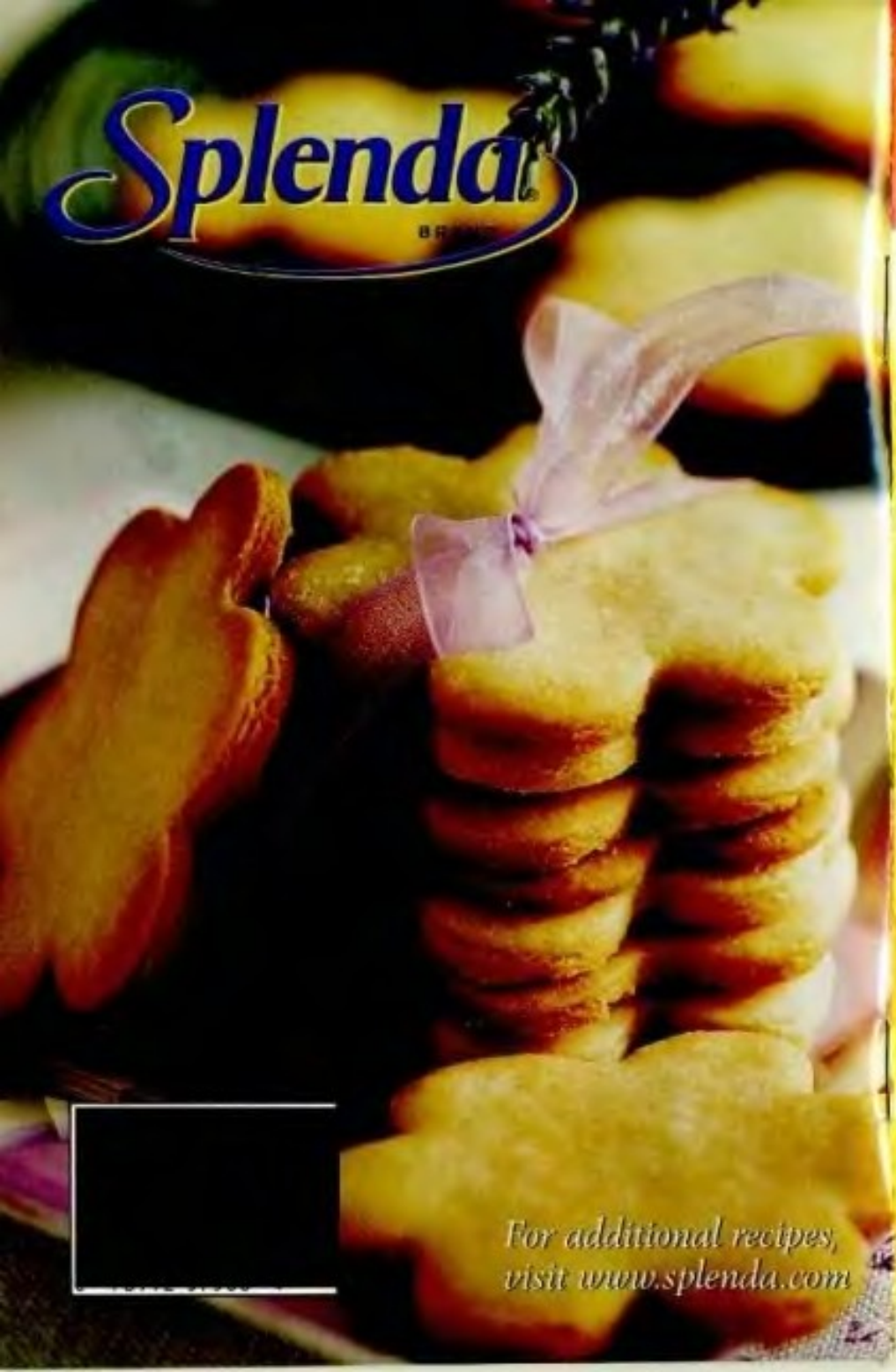

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SPLENDA® recipes on pages 16, 20, 26, and 49 developed by JoAnna Lund, www.heathyexchanges.com

Pictured on front cover: Lemon Velvet Layer Cake (*page 80*).

Pictured on back cover: Sugar Cookies (*page 90*).

Microwave Cooking: Microwave ovens vary in wattage. Use the cooking times as guidelines and check for doneness before adding more time.

Winning Recipes: The recipes in the "Winning Recipes" chapter were selected as winners in the 2004 SPLENDA® Recipe Club Members' contest. These recipes were judged on taste, creativity, appearance and ease of preparation. Each met a minimum SPLENDA® No Calorie Sweetener requirement. They may, however, reflect less total caloric reductions than recipes from the SPLENDA® Brand kitchens that are in the same category of food (pies, cookies, etc.)

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Contents

4 **Cooking and Baking with SPLENDA® Brand Products**

6 **Sweet Starts**
Delicious ways to begin the day

16 **Light Lunches**
Go light for mid-day breaks

26 **Daily Dinners**
Easy and delicious dinner options

32 **Tempt Your Sweet Tooth**
Sweet treats with SPLENDA® No Calorie Sweetener

52 **Celebration Cakes**
Make celebrations special with SPLENDA® No Calorie Sweetener

58 **Delightful Drinks**
Refreshing drinks with SPLENDA® No Calorie Sweetener

66 **Winning Recipes**
These delicious recipes take the prize

78 **SPLENDA® Sugar Blend for Baking**
Fresh-baked favorites

96 **Index**

Cooking and Baking with

Splenda® BRAND

Sweet Possibilities with SPLENDA® brings you great-tasting recipes with fewer calories than full-sugar counterparts. With SPLENDA® Brand Products, it is simple to have sweetness without all the calories and carbohydrates of sugar.

Several SPLENDA® Brand Products are available at your favorite store: SPLENDA® No Calorie Sweetener, in granular and packet forms, and SPLENDA® Sugar Blend for Baking.

SPLENDA® NO CALORIE SWEETENER

SPLENDA® No Calorie Sweetener is available as SPLENDA® Granular, which measures and pours like sugar, and SPLENDA® Packets, which provide the sweetness of two teaspoons of sugar in each packet.

SPLENDA® Granular works best to replace sugar's sweetness in recipes such as pie fillings, cheesecakes, sweet sauces, marinades and glazes. It also works well in quick breads, muffins and cookies. However, its cooking properties are different from sugar. Should you wish to adapt your own recipes, the following tips may be helpful.

1. Volume/Height. Sugar contributes volume to many recipes. When baking cakes, switching from 9-inch round pans to 8-inch round pans with 2-inch sides will help achieve a better rise. You may also try adding ½ cup nonfat dry milk powder and ½ teaspoon of baking soda for every 1 cup of SPLENDA® Granular.

2. Creaming. When creaming butter or margarine with SPLENDA® Granular, your mixture will appear less smooth than with sugar and may separate upon the addition of eggs.

3. Texture. Cookies often rely on brown sugar for their chewy, crunchy texture. Therefore, you may wish to replace only the white granulated sugar in your cookie recipes. In jams, jellies, puddings and custards, sugar lends a thickening quality. With SPLENDA® Granular, these recipes may be slightly thinner.

4. Moistness. Sugar helps to keep baked goods moist. In muffins and quick breads, adding 1 to 2 tablespoons of honey or molasses will provide moistness as well as flavor.

5. Yeast Activation. SPLENDA® Granular will not activate yeast. Maintain at least two teaspoons of sugar in recipes requiring yeast and replace the remaining sugar with SPLENDA® Granular.

6. Browning. Baked goods made with little or no sugar do not brown like recipes made with sugar. To help achieve a golden-brown color when baking with SPLENDA® Granular, lightly spray the batter or dough with cooking spray just before placing in the oven.

7. Spread. Cookies often rely on sugar to spread. Should you substitute all the sugar for SPLENDA® Granular in your recipe, you may need to flatten your cookies before baking.

8. Bake Time. Recipes made with SPLENDA® Granular may bake more quickly than those with sugar. Check most baked goods for doneness 3 to 5 minutes earlier than the original recipe states; check cakes 7 to 10 minutes before stated bake time.

9. Storage. Baked goods made with SPLENDA® Granular will stay fresh for 24 hours, when stored in an airtight container at room temperature. To keep your baked goods longer, wrap well and freeze.

10. Jam and Jellies. In canning jams and jellies, SPLENDA® Granular does not provide preservative properties. Consult a sugarless canning cookbook or www.splenda.com for directions for incorporating SPLENDA® Granular in jams and jellies.

SPLENDA® SUGAR BLEND FOR BAKING

SPLENDA® Sugar Blend for Baking is available in a 2-pound bag with the sweetening equivalency of 4 pounds of sugar.

SPLENDA® Sugar Blend for Baking is a mix of pure sugar (sucrose) and SPLENDA® Brand Sweetener (sucralose). It provides great functional properties, like sugar's, for your baked goods—like browning, volume, texture and moistness—but used in place of ordinary sugar, has only half the calories and carbohydrates. It is ideal in recipes such as layer cakes, brownies and confections. Simply substitute half a cup of SPLENDA® Sugar Blend for Baking for every full cup of sugar required in a recipe.

You can also use SPLENDA® Sugar Blend for Baking in beverages, on cereal and fruit, and elsewhere you might use sugar for half the calories and carbohydrates.

Sugar	SPLENDA® No Calorie Sweetener "Cup for cup"	SPLENDA® Sugar Blend for Baking "Half as much"
1 cup	1 cup	½ cup
¾ cup	¾ cup	6 tablespoons
⅔ cup	⅔ cup	⅓ cup
½ cup	½ cup	¼ cup
⅓ cup	⅓ cup	2 tablespoons + 2 teaspoons
¼ cup	¼ cup	2 tablespoons

For additional recipes, visit www.splenda.com.

Splenda

Sweet Starts

Delicious ways to begin the day

Banana Walnut Bread

Prep time: *15 minutes*
Bake time: *45 to 55 minutes*

- 1⅓ cups all-purpose flour
- ½ cup SPLENDA® Granular
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ⅛ teaspoon salt
- 1 tablespoon canola oil
- ⅓ cup low-fat buttermilk
- 2 teaspoons vanilla extract
- 1¼ cups mashed bananas
- ¼ cup chopped walnuts

Nutrients per serving
Serving size: 1 slice

Total calories:	150
Calories from fat:	45
Total fat:	4.5g
Saturated fat:	0g
Cholesterol:	0mg
Sodium:	190mg
Total carbohydrate:	24g
Dietary fiber:	1g
Sugars:	4g
Protein:	3g

Exchanges per serving
1 Starch, ½ Fruit, 1 Fat

PREHEAT oven to 350°F. Spray 9×5-inch loaf pan with nonstick cooking spray.

BLEND flour, SPLENDA® Granular, baking powder, baking soda and salt in large bowl. Set aside.

ADD oil, buttermilk and vanilla to mashed bananas; mix well. Pour banana mixture into dry ingredients and blend.

ADD chopped walnuts. Stir until just mixed.

POUR batter into prepared pan. Bake 45 to 55 minutes or until center is set.

Makes 8 servings

Splenda

Cinnamon Swirl Coffeecake

Prep time: *20 minutes*
Bake time: *50 to 60 minutes*

- 3 cups cake flour
- 1 tablespoon baking powder
- ¾ teaspoon baking soda
- ½ cup unsalted butter, softened
- 1⅓ cups SPLENDA® Granular
- 1 egg
- ¼ cup egg substitute
- 2 teaspoons vanilla extract
- ½ cup unsweetened applesauce
- 1½ cups reduced fat sour cream
- 3 tablespoons brown sugar
- 2 tablespoons cinnamon

PREHEAT oven to 350°F. Spray 10-inch tube pan or nonstick bundt pan with cooking oil spray.

SIFT cake flour, baking powder and soda into medium bowl. In large bowl, cream softened butter with electric mixer on medium speed. Add SPLENDA® Granular and egg. Mix until smooth. Add egg substitute and vanilla; mix 30 seconds. Add applesauce and ½ cup sour cream; mix until smooth. Add sifted flour mixture and beat at medium speed just until smooth. Add remaining sour cream and blend. Set aside.

MAKE spiced filling: Place 1 cup cake batter in a small bowl. Add brown sugar and cinnamon; blend.

PLACE ½ remaining cake batter into prepared pan. Top with spiced batter filling. Swirl with knife. Top with remaining batter.

BAKE 50 to 60 minutes or until toothpick inserted in center comes out clean.

Makes 16 slices

Nutrients per serving
Serving size: 1 slice (1/16 cake)

Total calories	200
Calories from fat	70
Total fat	8g
Saturated fat	5g
Cholesterol	25mg
Sodium	180mg
Total carbohydrate	28g
Dietary fiber	1g
Sugars	5g
Protein	4g

Exchanges per serving
2 Starch, 1 Fat

Splenda

Dried Cherry and Almond Scones

Prep time: *15 minutes*
Bake time: *10 to 15 minutes*

- 1 egg
- 1 egg white
- ⅓ cup canola oil
- ⅔ cup SPLENDA® Granular
- ½ cup buttermilk
- ½ teaspoon almond extract
- ⅓ cup nonfat instant dry milk
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- 2 cups all-purpose flour
- 1 cup dried cherries, chopped
- 2 tablespoons sugar (optional)

PREHEAT oven to 350°F. Spray cookie sheet or jellyroll pan with nonstick cooking spray.

BLEND egg and egg white in large mixing bowl. Add canola oil, SPLENDA® Granular, buttermilk, almond extract and nonfat dry milk; stir. Mix baking powder, baking soda and flour. Blend into buttermilk mixture. Add dried cherries and stir. Mound 12 spoonfuls of batter on prepared baking sheet. Lightly sprinkle scones with sugar, if desired.

BAKE 10 to 15 minutes. Serve warm. Scones may be frozen and reheated.

Makes 12 servings

Nutrients per serving
Serving size: 1 scone

Total calories	190
Calories from fat	60
Total fat	7g
Saturated fat	0.5g
Cholesterol	20mg
Sodium	125mg
Total carbohydrate	27g
Dietary fiber	2g
Sugars	8g
Protein	4g

Exchanges per serving
2 Starch, 1 Fat

Splenda

Lemon Poppyseed Muffins

Prep time: *20 minutes*
Bake time: *12 to 15 minutes*

- 2¼ cups cake flour
- ¾ cup SPLENDA® Granular
- ¼ cup sugar
- ¾ cup unsalted butter, softened
- ½ cup nonfat instant dry milk
- 2 teaspoons baking powder
- ¾ teaspoon baking soda
- ¼ teaspoon salt
- ¾ cup buttermilk
- 2 tablespoons fresh lemon juice
- 2½ tablespoons grated lemon peel
- 3 eggs
- 2 teaspoons vanilla extract
- 2 tablespoons poppyseeds

Nutrients per serving
Serving size: 1 muffin

Total calories:	170
Calories from fat:	80
Total fat:	9g
Saturated fat:	5g
Cholesterol:	55mg
Sodium:	170mg
Total carbohydrate:	17g
Dietary fiber:	0g
Sugars:	5g
Protein:	4g

Exchanges per serving
1½ Starch, 2 Fat

PREHEAT oven to 350°F. Place 18 paper baking cups in muffin pans. Set aside.

PLACE cake flour, SPLENDA® Granular, sugar and softened unsalted butter in large mixing bowl. Mix on medium speed 1 to 2 minutes with an electric mixer until blended and crumbly.

ADD nonfat dry milk, baking powder, baking soda and salt. Mix on low speed until blended.

BLEND buttermilk, lemon juice, lemon zest and peel, eggs and vanilla in small bowl. Add ⅓ of buttermilk mixture to flour mixture. Mix on medium speed 1 minute. Stop and scrape sides and bottom of bowl. Mix on medium-high speed 45 to 60 seconds. Reduce mixer speed to low and add remaining liquid; blend. Stop mixer and scrape sides and bottom of bowl again. Add poppyseeds. Mix on medium high speed 30 seconds.

POUR muffin batter into prepared pans. Bake muffins 12 to 15 minutes or until toothpick inserted in center comes out clean.

Makes 18 muffins

Oat Bran Pancakes

Prep time: *10 minutes*
Cook time: *10 minutes*

- 1 cup oat bran hot cereal, uncooked
- ½ cup all-purpose flour
- ¼ cup SPLENDA® Granular
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ⅛ teaspoon salt
- 2 cups buttermilk
- ¼ cup egg substitute

HEAT nonstick griddle or frying pan over medium to medium high heat.

COMBINE oat bran, flour, SPLENDA® Granular, baking powder, baking soda and salt in large bowl. Set aside.

BEAT together buttermilk and egg substitute in small bowl with wire whisk. Pour egg mixture over dry ingredients. Stir together until ingredients are just blended and no large dry lumps appear.

POUR about ⅓ cup pancake batter onto hot griddle. Cook pancakes until puffed, browned and slightly dry around the edges. Flip over and cook until golden brown.

Makes 6 servings

Nutrients per serving
Serving size: 2 pancakes

Calories:	140
Calories from fat:	12
Total fat:	2g
Saturated fat:	<1g
Cholesterol:	3mg
Sodium:	342mg
Carbohydrate:	23g
Fiber:	3g
Protein:	8g

Exchanges per serving
2 Starch

Splenda

Light Lunches

Go light for mid-day breaks

Cucumber and Onion Salad

Prep time: *15 minutes*
Chill time: *2 hours*

- 2½ cups thinly sliced, unpeeled cucumbers (sliced lengthwise)
- ½ cup peeled and thinly sliced red onion
- ⅓ cup SPLENDA® Granular
- ⅓ cup white vinegar
- ¼ teaspoon salt
- ⅛ teaspoon black pepper

TOSS cucumbers and onions together in medium, nonreactive bowl. Set aside.

WHISK together remaining ingredients in separate bowl until blended. Pour over cucumbers and onions. Cover and chill 2 hours; stir several times.

NOTE: To quickly slice cucumbers lengthwise, use a mandoline. Or you may slice them into thin disks.

Makes 6 servings (⅓ cup)

Nutrients per serving
Serving size: ¾ cup

Total calories:	15
Calories from fat:	0
Total fat:	0g
Saturated fat:	0g
Cholesterol:	0mg
Sodium:	100mg
Total carbohydrate:	3g
Dietary fiber:	0g
Sugars:	2g
Protein:	0g

Exchanges per serving
Free

Layered Chinese Chicken Salad

Prep time: *45 minutes*
Chill time: *60 minutes*

Dressing
- ½ cup SPLENDA® Granular
- 2 to 3 tablespoons Asian chili garlic paste
- ⅓ cup low-fat mayonnaise
- 3 teaspoons fresh grated gingerroot
- ¼ cup reduced-sodium soy sauce
- ¾ cup rice vinegar
- 1¾ teaspoons cornstarch
- ⅓ cup water

Salad
- 4 boneless, skinless chicken breasts
- 2 bags (12 ounces each) Asian slaw mix or 1 pound shredded napa cabbage
- 1 cup snow peas, trimmed and halved
- 1 can (15 ounces) mandarin oranges, drained
- 2 cups chow mein noodles
- ⅓ cup chopped green onion

Chicken:

MIX SPLENDA® Granular, chili garlic paste, mayonnaise and gingerroot together in medium bowl. Add soy sauce and rice vinegar; blend.

POUR ⅓ cup dressing in zip seal plastic bag. Place chicken breasts in bag, seal and turn to coat. Chill 45 to 60 minutes to marinate.

PLACE remaining dressing in small saucepan. Mix cornstarch and water in small bowl until cornstarch is dissolved. Pour cornstarch mixture into dressing while stirring constantly. Place pan on medium-high heat. Boil 1 to 2 minutes, stirring constantly. Remove dressing from heat and pour into small bowl. Chill 1 hour or until cool.

REMOVE marinated chicken breasts from bag; discard marinade. Grill or broil chicken until internal temperature reaches 160°F. Set aside to cool; slice or shred meat. Cover and refrigerate until ready to assemble salad.

Nutrients per serving
Serving size: 1 cup

Total calories:	130
Calories from fat:	40
Total fat:	3.5g
Saturated fat:	0.5g
Cholesterol:	20mg
Sodium:	320mg
Total carbohydrate:	13g
Dietary fiber:	2g
Sugars:	2g
Protein:	10g

Exchanges per serving
½ Starch, 1 Vegetable, 1 Meat

Salad:

PLACE 1 bag (6 cups) Asian slaw in straight-sided glass bowl.

Drizzle ⅓ of prepared dressing over slaw. Arrange ½ of prepared chicken and pea pods on top.

ADD remaining slaw to bowl. Top with remaining chicken, oranges and dressing. Chill until ready to serve.

BEFORE serving, garnish with chow mein noodles and green onion.

Makes 13 servings (1 cup)

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Orange-Almond Salad

Prep time: *15 minutes*

- **3 cups assorted salad greens**
- **2 navel oranges, peeled and separated into sections**
- **½ cup thinly sliced celery**
- **2 tablespoons chopped green onion**
- **¼ cup cider vinegar**
- **¼ cup SPLENDA® Granular**
- **2 teaspoons vegetable oil**
- **¼ cup toasted slivered almonds**

COMBINE greens, orange sections, celery and green onion in large bowl. Set aside.

BLEND vinegar, SPLENDA® Granular and vegetable oil in small bowl. Whisk until smooth. Drizzle dressing mixture evenly over greens mixture. Toss gently to coat.

PORTION salad evenly among 4 plates, about 1¼ cups per plate. Sprinkle 1 scant tablespoon slivered almonds over each serving. Serve immediately.

Makes 4 servings (1¼ cups)

Nutrients per serving
Serving size: 1¼ cups

Total calories:	120
Calories from fat:	60
Total fat:	6g
Saturated fat:	0g
Cholesterol:	0mg
Sodium:	25mg
Total carbohydrate:	16g
Dietary fiber:	5g
Sugars:	7g
Protein:	3g

Exchanges per serving
½ Fruit, 1 Vegetable, 1 Fat

Splenda

Chili Vegetarian Style

Prep time: *20 minutes*
Cook time: *30 minutes*

- 1 tablespoon extra-virgin olive oil
- 1 jalapeño pepper,* seeded and finely chopped
- ½ cup chopped onion
- 1⅓ cups diced red and yellow bell peppers
- 6 teaspoons chili powder
- 1½ teaspoons paprika
- ¼ teaspoon garlic powder
- ¾ teaspoon ground red pepper
- ⅓ cup SPLENDA® Granular
- 3 tablespoons cider vinegar
- 1 can (28 ounces) crushed tomatoes
- 2 cans (15 ounces each) black beans, undrained
- 2 cans (15 ounces each) dark red kidney beans, undrained
- 1 can (15 ounces) cannellini or other beans, undrained
- 1 box (10 ounces) frozen corn kernels
- Salt

**Jalapeño peppers can sting and irritate the skin; wear rubber gloves when handling peppers and do not touch the eyes.*

HEAT olive oil in large stock pot. Sauté jalapeño, onion and bell peppers over medium heat until onions are translucent, about 5 to 8 minutes.

ADD remaining ingredients, and season to taste with salt. Bring to boil, cover and simmer over low heat for 20 minutes. Serve hot.*

Makes 16 servings (1 cup)

***NOTE:** Make ahead for best flavor. For spicy chili, increase ground red pepper to 1 teaspoon and increase chili powder to 7 teaspoons.

If sweeter taste is preferred, increase SPLENDA® Granular to ⅔ cup.

Nutrients per serving
Serving size: 1 cup

Total calories:	150
Calories from fat:	20
Total fat:	2g
Saturated fat:	0g
Cholesterol:	0mg
Sodium:	590mg
Total carbohydrate:	27g
Dietary fiber:	9g
Sugars:	4g
Protein:	8g

Exchanges per serving
1 Starch, 3 Vegetable

Warm Spinach Salad

Prep time: *15 minutes*

- 1 bag (7 ounces) baby spinach greens
- ½ cup nonfat salad croutons
- ¼ cup white vinegar
- ¼ cup water
- ¼ cup Dijon mustard
- 3 tablespoons SPLENDA® Granular
- 5 slices turkey bacon
- ¼ cup chopped red onion
- 2 cloves garlic, peeled and minced

PLACE spinach greens in colander. Wash and remove stems; drain well. Place in serving bowl and add croutons.

BLEND vinegar, water, mustard and SPLENDA® Granular. Set aside.

SLICE bacon into small, thin strips. Place in medium saucepan and fry over medium-high heat until crispy, about 3 to 4 minutes.

ADD onion and garlic and cook over medium-high heat 1 to 2 minutes, stirring often.

ADD vinegar mixture and simmer 1 to 2 minutes. Pour over spinach and croutons. Toss well. Serve immediately.

Makes 4 servings (1¼ cups)

Nutrients per serving
Serving size: 1¾ cups

Total calories:	190
Calories from fat:	35
Total fat:	3.5g
Saturated fat:	1g
Cholesterol:	15mg
Sodium:	650mg
Total carbohydrate:	26g
Dietary fiber:	1g
Sugars:	1g
Protein:	4g

Exchanges per serving
1 Starch, 2 Vegetable, 1 Fat

Splenda

Daily Dinners

Easy and delicious dinner options

Chili Meatloaf

Prep time: 15 minutes
Bake time: 55 to 60 minutes

- 1 cup tomato sauce, divided
- 3 tablespoons SPLENDA® Granular, divided
- 2 teaspoons prepared yellow mustard
- 1½ teaspoons chili powder, divided
- 1 tablespoon dried onion flakes
- 1 tablespoon dried parsley flakes
- ½ teaspoon salt
- 1 pound extra-lean ground turkey or beef
- ¼ cup Italian seasoned bread crumbs

Nutrients per serving
Serving size: 5 ounces

Total calories	120
Calories from fat	70
Total fat	5g
Saturated fat	3g
Cholesterol	30mg
Sodium	580mg
Total carbohydrate	8g
Dietary fiber	1g
Sugars	2g
Protein	18g

Exchanges per serving
½ Starch, 2 Meat

PREHEAT oven to 350°F. Spray 9×5-inch loaf pan with nonstick cooking spray.

MIX ¼ cup tomato sauce, 2 tablespoons SPLENDA® Granular, mustard, 1 teaspoon chili powder, onion flakes, parsley flakes and salt in large mixing bowl. Add ground meat and bread crumbs; stir well. Shape meat mixture into loaf form to fit pan; place in prepared pan.

MIX remaining tomato sauce, chili powder and SPLENDA® Granular together in small bowl. Spoon mixture over top of meat loaf.

BAKE 55 to 60 minutes. Remove meatloaf from oven and place on wire rack. Cool 5 minutes before slicing.

Makes 6 servings (5 ounces)

Splenda

Baked Salmon with Orange-Ginger Sauce

Prep time: *15 minutes*
Bake time: *10 to 15 minutes*

- 1 (2½-inch) section fresh gingerroot
- 1 cup orange juice
- ¼ cup SPLENDA® Granular
- 2 tablespoons nonfat half-and-half
- ¼ teaspoon cornstarch
- ¼ teaspoon salt
- 2 tablespoons unsalted butter, softened
- 2 cups frozen stir-fry vegetables
- 2 salmon filets (10 ounces raw, weight will reduce after baking)

PREHEAT oven to 450°F.

MAKE sauce: Peel gingerroot and slice into 10 slices. Pour orange juice into small saucepan. Add SPLENDA® Granular and gingerroot. Bring to rolling boil over medium high heat. Boil 10 to 12 minutes or until reduced to 2 to 3 tablespoons. Remove from heat and lift out gingerroot with fork. Set aside.

MIX half-and-half, cornstarch and salt. Whisk softened butter, 1 tablespoon at a time, into orange juice mixture. Stir until melted. Add half-and-half mixture. Stir well. Place saucepan back on heat. Bring to simmer over medium-high heat.

REMOVE sauce from heat and mix in blender 15 to 20 seconds or until smooth and light in color. Set aside.

PREPARE salmon: Place vegetables in oiled 8×8-inch baking pan. Place salmon fillets on vegetables. Bake 10 to 15 minutes or until fully cooked and tender. Place vegetables and salmon on serving plates. Spoon sauce over salmon. Serve with steamed rice, if desired.

Makes 2 servings
(4 ounces salmon and 1 cup vegetables)

Nutrients per serving
Serving size: 4 ounces salmon and 1 cup vegetables

Total calories:	490
Calories from fat:	230
Total fat:	27g
Saturated fat:	10g
Cholesterol:	120mg
Sodium:	420mg
Total carbohydrate:	24g
Dietary fiber:	3g
Sugars:	16g
Protein:	31g

Exchanges per serving: 1 Fruit, 2 Vegetable, 4 Meat, 3 Fat

Citrus Glazed Chicken with Toasted Almonds

Prep time: *15 to 20 minutes*
Bake time: *15 to 20 minutes*

- **4 boneless, skinless chicken breasts (total 1 pound)**
- **3 tablespoons orange juice concentrate, thawed**
- **2 tablespoons fresh lemon juice**
- **½ cup chicken broth**
- **3 tablespoons SPLENDA® Granular**
- **1½ teaspoons cornstarch**
- **1 tablespoon unsalted butter**
- **1 tablespoon fresh chives, chopped**
- **1 tablespoon fresh parsley, stemmed and chopped**
- **¼ cup sliced almonds, toasted**

PREHEAT oven to 425°F. Place chicken breasts on foil-lined baking sheet. Brush with 1 tablespoon orange juice concentrate. Bake15 to 20 minutes or until cooked through.

PLACE remaining orange juice concentrate, lemon juice and chicken broth in small saucepan. Blend SPLENDA® Granular and cornstarch in small bowl. Stir cornstarch mixture into broth. Heat over medium-high heat and simmer 8 to 10 minutes or until sauce thickens slightly. Remove from heat. Whisk butter into sauce. Add chives and parsley. Pour sauce over chicken breasts. Top with almonds.

SERVE with tossed salad or steamed vegetables.

Makes four servings
(1 piece chicken plus 3 tablespoons sauce)

Nutrients per serving	
Serving size: ¼ recipe	
Total calories:	230
Calories from fat:	70
Total fat:	7g
Saturated fat:	2.5g
Cholesterol:	75mg
Sodium:	190mg
Total carbohydrate:	9g
Dietary fiber:	1g
Sugars:	5g
Protein:	28g

Exchanges per serving
½ Starch, 4 Meat, 1 Fat

Splenda

Tempt Your Sweet Tooth

Sweet treats with SPLENDA® No Calorie Sweetener

Raspberry Ice Pops

Prep time: *20 minutes*
Freeze time: *6 hours or overnight*

- **4 cups frozen unsweetened raspberries, thawed**
- **⅓ cup SPLENDA® Granular**
- **1 tablespoon fresh lemon juice**
- **1 tablespoon light corn syrup**

PLACE all ingredients in blender or food processor. Blend until smooth. Strain mixture through sieve into small bowl, pressing firmly to extract as much liquid as possible. Discard seeds.

POUR extracted juice into ice pop molds and freeze at least 6 hours or overnight.

Makes 8 (½-cup) frozen ice pops

Nutrients per serving
Serving size: 1 ice pop

Total calories:	35
Calories from fat:	0
Total fat:	0g
Saturated fat:	0g
Cholesterol:	0mg
Sodium:	0mg
Total carbohydrate:	9g
Dietary fiber:	0g
Sugars:	6g
Protein:	0g

Exchanges per serving
½ Fruit

Splenda

Candied Popcorn

Prep time: *15 minutes*
Bake time: *20 to 25 minutes*

- 13 cups freshly popped popcorn
- 1 egg white
- 2 tablespoons dark molasses
- 2 teaspoons vanilla extract
- ½ teaspoon salt
- ¾ cup SPLENDA® Granular
- ½ cup dry roasted peanuts

PREHEAT oven to 325°F. Spray an 11×13-inch pan with nonstick cooking spray and set aside.

PLACE popcorn in large bowl. In small bowl, add egg white, molasses, vanilla, salt and SPLENDA® Granular; whisk well. Add peanuts and stir until peanuts are coated. Pour over popcorn. Toss until popcorn is coated.

PLACE on prepared baking pan. Bake 20 to 25 minutes, stirring occasionally until mix is crispy. Remove mix from oven and spread onto parchment or waxed paper to cool. Cool to room temperature before serving.

Makes 10 (1¼ cup) servings

Nutrients per serving
Serving size: 1⅓ cups

Total calories:	110
Calories from fat:	35
Total fat:	4g
Saturated fat:	1g
Cholesterol:	0mg
Sodium:	240mg
Total carbohydrate:	15g
Dietary fiber:	2g
Sugars:	3g
Protein:	3g

Exchanges per serving
1 Starch, 1 Fat

Peanut Butter Chocolate Cheesecake Cups

Prep time: 25 minutes
Bake time: 10 to 15 minutes
Chill time: 2 hours

Crust
- 36 low-fat chocolate wafer cookies
- ¼ cup SPLENDA® Granular
- 5 tablespoons light butter, melted

Peanut Butter Center
- ½ cup SPLENDA® Granular
- 3 tablespoons reduced-fat peanut butter
- 3 tablespoons low-fat cream cheese

Chocolate Filling
- 4 ounces unsweetened chocolate
- 8 ounces low-fat cream cheese
- 1¼ cups SPLENDA® Granular
- ½ cup skim milk
- ½ cup egg substitute
- 1 teaspoon vanilla extract
- 2 ounces sugar-free dark chocolate, melted (optional)

PREHEAT oven to 350°F.

CRUST: Crush cookies into fine crumbs. Blend all crust ingredients in small bowl. Set aside.

CENTER: Place all center ingredients in small bowl. Mix well and set aside.

FILLING: Melt chocolate in small saucepan over low heat. Set aside. Place cream cheese and SPLENDA® Granular in small mixing bowl. Beat until soft. Slowly add skim milk. Mix, using wire whisk, until smooth. Add melted chocolate and stir. Add egg substitute and vanilla and mix well.

ASSEMBLE: Place 24 mini size foil baking cups on sheet pan. Divide crust evenly among 24 baking cups. Press crusts into bottom of cups. Place ½ teaspoon peanut butter mixture in center of each crust-lined baking cup. Spoon chocolate filling into each baking cup. Firmly tap sheet pan on countertop to remove air bubbles.

BAKE 10 to 15 minutes, or until slightly firm to touch. Chill 2 hours before serving. Drizzle melted chocolate over top of cups as garnish, if desired.

Makes 24 servings

Nutrients per serving
Serving size: 1 mini cup

Total calories:	130
Calories from fat:	60
Total fat:	8g
Saturated fat:	4g
Cholesterol:	10mg
Sodium:	150mg
Total carbohydrate:	12g
Dietary fiber:	1g
Sugars:	3g
Protein:	4g

Exchanges per serving
1 Starch, 1 Fat

Rice Pudding

Prep time: *10 minutes*
Bake time: *55 to 65 minutes*

- ½ cup egg substitute
- 2 cups nonfat milk
- ½ cup SPLENDA® Granular
- ½ cup raisins
- 1½ cups cooked white rice
- 1 teaspoon vanilla extract
- ½ teaspoon salt
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg

PREHEAT oven to 325°F. In large bowl, combine egg substitute, milk, SPLENDA® Granular, raisins, cooked rice, vanilla and salt. Mix well. Blend cinnamon and nutmeg in small bowl.

POUR rice mixture into 9×9-inch glass baking dish. Bake 25 minutes. Remove from oven. Sprinkle top with cinnamon mixture; return to oven and bake 40 minutes.

Makes 6 servings (¾ cup)

Nutrients per serving
Serving size: ¾ cup

Total calories:	140
Calories from fat:	4
Total fat:	1g
Saturated fat:	0.5g
Cholesterol:	<5mg
Sodium:	300mg
Total carbohydrate:	30g
Dietary fiber:	1g
Sugars:	13g
Protein:	9g

Exchanges per serving
1½ Starch, ½ Fat-Free Milk

Splenda

Summer Berry Terrine

Preparation time: *20 minutes*
Chill time: *45 minutes*

- **4 cups fresh strawberries, sliced**
- **1 cup fresh blueberries**
- **1 cup fresh raspberries**
- **⅔ cup water**
- **1 envelope unflavored gelatin**
- **⅔ cup SPLENDA® Granular**
- **¼ teaspoon vanilla extract**
- **¼ cup whipping cream**
- Optional Garnish: reduced-fat frozen whipped topping, sprigs of fresh mint

COMBINE first 3 ingredients in a large mixing bowl; toss gently.

SPRINKLE gelatin and SPLENDA® Granular over water in a small saucepan; let stand 1 minute. Cook over low heat, stirring until gelatin dissolves (about 2 minutes). Stir in vanilla. Set aside.

BEAT whipping cream until soft peaks form; set aside.

PLACE saucepan containing gelatin mixture in a bowl of ice water; stir with a rubber spatula until gelatin mixture is the consistency of unbeaten egg white. Remove from ice water; quickly stir in whipped cream. Spoon the cream mixture over berries, tossing gently to coat.

SPOON mixture into a lightly oiled 8-inch loaf pan; cover and chill for 45 minutes or until set. Unmold onto a cutting board and slice into 8 servings. Garnish, if desired.

Makes 8 servings

Nutrients per serving
Serving size: 1 slice (⅛ terrine)

Total calories:	80
Calories from fat:	30
Total fat:	3g
Saturated fat:	1.5g
Cholesterol:	10mg
Sodium:	10mg
Total carbohydrate:	12g
Dietary fiber:	3g
Sugars:	7g
Protein:	2g

Exchanges per serving
1 Fruit, 1 Fat

Mixed Berry Jam

Preparation time: *20 minutes*
Cook time: *40 to 50 minutes*

- **6 cups fresh raspberries**
- **⅓ cup sugar**
- **3 cups fresh strawberries**
- **1½ cups SPLENDA® Granular**
- **1 cup cold water**
- **1 package no-sugar-needed pectin**
- **1 pint blueberries**

COMBINE raspberries and sugar in a heavy bottomed pan. Heat over medium-high heat. Boil 10 to 15 minutes, stirring constantly.

MASH strawberries with a fork or potato masher.

ADD SPLENDA® Granular and strawberries to raspberries. Stir constantly and boil over medium-high heat for an additional 10 to 15 minutes.

POUR cold water into a small saucepan. Whisk pectin into water, and let stand 2-3 minutes. Allow the pectin to absorb the water.

BOIL water and pectin, then stir into fruit mixture and reduce heat to medium-low. Add blueberries. Simmer and stir for 5-6 minutes, until pectin is thoroughly blended with the fruit.

FREEZE in sterile canning jars.

Makes 3 pints

Nutrients per serving
Serving size: 1 tablespoon

Total calories	15
Calories from fat	0
Total fat	0g
Saturated fat	0g
Cholesterol	0mg
Sodium	5mg
Total carbohydrate	3g
Dietary fiber	0g
Sugars	2g
Protein	0g

Exchanges per serving
Free

Splenda

Lemon Raspberry Bars

Prep time: *10 minutes*
Bake time: *35 to 45 minutes*
Chill time: *2 hours*

Crust:

- ¾ cup SPLENDA® Granular
- ¾ cup all-purpose flour
- Pinch salt
- ¼ cup light butter

Filling:

- 1¼ cups SPLENDA® Granular
- 2 tablespoons all-purpose flour
- ½ cup egg substitute
- ½ cup half-and-half
- ½ cup fresh lemon juice
- 1½ tablespoons grated fresh lemon peel
- ¼ cup fruit-only raspberry preserves

Nutrients per serving
Serving size: 1 bar (2-inch square)

Total calories:	70
Calories from fat:	20
Total fat:	2.5g
Saturated fat:	1.5g
Cholesterol:	10mg
Sodium:	45mg
Total carbohydrate:	12g
Dietary fiber:	0g
Sugars:	3g
Protein:	2g

Exchanges per serving
1 Starch

PREHEAT oven to 350°F. Spray 8×8-inch baking pan with butter-flavor nonstick cooking spray.

MIX SPLENDA® Granular, flour and salt in medium bowl. Cut in light butter until mixture is crumbly. Do not overmix. Press dough into prepared baking pan. Bake 15 to 20 minutes or until lightly browned.

PLACE SPLENDA® Granular and flour in medium bowl. Stir well. Add egg substitute and half-and-half. Stir until blended. Slowly add lemon juice while stirring constantly; add lemon peel. In small bowl, stir raspberry preserves until liquified. Spread evenly over warm crust.

GENTLY pour lemon mixture over preserves. Bake 20 to 25 minutes or until set. Remove from oven and allow to cool before chilling. Chill in refrigerator 2 hours before serving.

Makes 16 (2-inch square) bars

Cheery Cherry Pie

Prep time: *20 minutes (chill dough 30 minutes)*
Bake Time: *50 to 60 minutes*

Crust

- ¾ cup ice water
- 1 teaspoon vinegar (white or cider)
- 2 cups all-purpose flour, divided
- 3 tablespoons SPLENDA® Granular
- 7 tablespoons vegetable shortening

Filling

- 2 cans (14.5 ounces each) tart red cherries in water, drained, liquid reserved
- ¼ cup cornstarch
- ⅔ cup SPLENDA® Granular
- ¼ teaspoon almond extract
- 2 teaspoons fresh lemon juice
- 3 to 4 drops red food coloring (optional)

Crust:

MIX ice water and vinegar in cup. Place ½ cup flour in bowl, adding vinegar-water mix gradually, using wire whisk. Mix well. In separate bowl, combine remaining flour and SPLENDA® Granular. Add shortening using pastry cutter or two knives until mixture is crumbly. Gradually add water-flour mixture, adding just enough to bind dough together.

DIVIDE dough in half. Gently pat each half into circle on floured work surface. Cover circles separately with plastic wrap and chill dough 30 minutes.

Filling:

DRAIN reserved canned cherry liquid through sieve into medium saucepan. Mix cornstarch and SPLENDA® Granular together in small bowl. Pour in saucepan. Stir well. Add almond extract and lemon juice. Stir and cook over medium heat. Simmer 3 to 4 minutes to thicken sauce. Remove from heat. If desired, add 3 to 4 drops of red food coloring and mix.

PLACE drained cherries in medium bowl. Pour liquid over cherries and gently fold with spatula to mix without crushing fruit. Set aside.

PREHEAT oven to 375°F. Spray 9-inch pie pan with nonstick cooking spray; set aside.

Assemble pie:

ROLL out 1 circle of dough on floured work surface to 11 inches in diameter. Place in prepared pie pan. Place filling in crust in pie pan. Roll remaining crust to 10 inches in diameter and place on top of filling. Crimp and seal edges with fingertips or fork. Use fork to prick top crust to allow steam to escape. Brush crust with milk for golden browning.

BAKE 50 to 60 minutes or until filling bubbles and crust is golden. Cool pie 1 hour before serving.

Makes 1 (9-inch) pie (8 servings)

Nutrients per serving
Serving size: 1 slice

Total calories:	270
Calories from fat:	100
Total fat:	11g
Saturated fat:	2.5g
Cholesterol:	0mg
Sodium:	80mg
Total carbohydrate:	39g
Dietary fiber:	2g
Sugars:	8g
Protein:	4g

Exchanges per serving
1½ Starch, 1 Fruit, 2 Fat

Easy Pear Crisp

Prep time: *15 minutes*
Bake time: *40 to 50 minutes*

- ½ cup SPLENDA® Granular, divided
- 3 graham crackers
- ¼ cup light butter
- 4 tablespoons all-purpose flour, divided
- 2 teaspoons ground cinnamon, divided
- 3 cups Bartlett pears, peeled, cored and sliced
- 1 tablespoon lemon juice
- 3 tablespoons water

PREHEAT oven to 350°F. Spray 8×8-inch baking dish with nonstick cooking spray.

PLACE ¼ cup SPLENDA® Granular, graham crackers, light butter, 2 tablespoons flour and 1 teaspoon cinnamon in bowl of food processor. Blend until crumbly.

TOSS remaining SPLENDA® Granular, cinnamon, flour, pears, lemon juice and water until fruit is evenly coated. Place in prepared baking pan. Cover with crumb topping.

BAKE 40 to 45 minutes or until bubbling around edges. Serve warm.

Makes 6 servings (2½-inch squares)

Nutrients per serving
Serving size: 1 (2½-inch) square

Total calories:	130
Calories from fat:	40
Total fat:	5g
Saturated fat:	2.5g
Cholesterol:	15mg
Sodium:	70mg
Total carbohydrate:	22g
Dietary fiber:	3g
Sugars:	9g
Protein:	2g

Exchanges per serving
½ Starch, 1 Fruit, 1 Fat

Coconut Cream Pie

Preparation time: *25 minutes*
Bake time: *5 minutes*
Chill time: *3 hours*

- ¼ cup flaked coconut
- ¾ cup SPLENDA® Granular
- ⅓ cup cornstarch
- ½ teaspoon salt
- 2½ cups 1% low-fat milk
- 2 egg yolks
- 2 tablespoons butter
- ¾ cup flaked coconut
- 1¼ teaspoons vanilla extract
- ¼ teaspoon coconut extract
- 1 (9-inch) graham cracker crust

PREHEAT oven to 350°F.

BAKE coconut in a shallow pan, stirring occasionally, 5 to 6 minutes or until toasted. Set aside.

COMBINE SPLENDA® Granular, cornstarch and salt in a heavy saucepan, mixing well. Gradually whisk milk into SPLENDA® Granular mixture. Cook over medium heat, whisking constantly until thickened and bubbly. Remove from heat.

BEAT egg yolks until thick and pale. Gradually whisk ¾ cup of hot custard mixture into yolks; add to remaining hot custard mixture, whisking constantly. Cook over medium heat for 1 minute or until mixture comes to a boil, whisking constantly. Remove from heat; stir in butter and flavorings. Immediately pour filling into crust. Cover with plastic wrap, gently pressing on filling. Chill 3 hours or until firm. Sprinkle with toasted coconut.

Makes 8 servings

Nutrients per serving
Serving size: 1 slice

Total calories	290
Calories from fat	140
Total fat	15g
Saturated fat	7g
Cholesterol	60mg
Sodium	400mg
Total carbohydrate	35g
Dietary fiber	1g
Sugars	19g
Protein	5g

Exchanges per serving
2 Starch, 3 Fat

Splenda

Celebration Cakes

Make celebrations special with SPLENDA® No Calorie Sweetener

Low-Fat Lime Cheesecake

Prep time: 20 minutes
Bake time: 1 hour
Chill time: 6 hours or overnight

Filling:

- 1 pound cream cheese
- 1 pound nonfat cream cheese
- 1¼ cups SPLENDA® Granular
- 2½ tablespoons fresh lime juice
- 2 tablespoons grated lime peel
- Pinch salt
- 4 eggs
- 1 Crust (recipe follows)

PREHEAT oven to 350°F.

BEAT cream cheeses and SPLENDA® Granular until smooth. Add fresh lime juice, grated peel and salt; beat until smooth. Add eggs, 1 at a time, scraping sides of bowl and beating well after each addition.

POUR cream cheese filling into prepared crust and bake 50 to 60 minutes or until slightly firm to touch. Remove from oven. Let cool 25 to 30 minutes before placing in refrigerator. Chill 6 hours or overnight before serving.

Makes 16 slices

Crust:

- 1¼ cups graham cracker crumbs
- ¼ cup SPLENDA® Granular
- 3 tablespoons butter, melted

MIX ingredients, and press into 10-inch springform pan.

Makes 1 (10-inch) crust

Nutrients per serving
Serving size: 1 slice

Total calories:	210
Calories from fat:	130
Total fat:	14g
Saturated fat:	8g
Cholesterol:	95mg
Sodium:	340mg
Total carbohydrate:	10g
Dietary fiber:	0g
Sugars:	2g
Protein:	8g

Exchanges per serving
½ Starch, 1 Meat, 2 Fat

Splenda

Yellow Cupcakes

Prep time: *20 minutes*
Bake time: *12 to 15 minutes*

2¼ cups cake flour
¾ cup SPLENDA® Granular
¼ cup granulated sugar
¾ cup unsalted butter, softened
½ cup nonfat instant dry milk
2 teaspoons baking powder
¾ teaspoon baking soda
¼ teaspoon salt
¾ cup buttermilk
3 eggs
2 teaspoons vanilla extract
½ teaspoon almond extract

Nutrients per serving
Serving size: 1 cupcake without glaze

Total calories:	160
Calories from fat:	80
Total fat:	9g
Saturated fat:	5g
Cholesterol:	60mg
Sodium:	170mg
Total carbohydrate:	16g
Dietary fiber:	0g
Sugars:	4g
Protein:	4g

Exchanges per serving
1 Starch, 2 Fat

PREHEAT oven to 350°F. Place 18 paper baking cups into muffin pans. Set aside.

PLACE cake flour, SPLENDA® Granular, sugar and softened butter in large bowl. Mix 1 to 2 minutes with electric mixer set on medium speed, until butter is mixed into flour mixture.

ADD nonfat dry milk, baking powder, baking soda and salt. Mix on low speed until blended.

MIX buttermilk, eggs and extracts in small bowl. Stir well. Add ⅔ of buttermilk mixture to flour mixture. Mix on medium speed until just blended. Stop mixer and scrape sides and bottom of bowl. Mix on medium-high speed 45 to 60 seconds until batter appears lighter in color. Reduce mixer speed to low and add remaining buttermilk mixture. Mix on medium speed until blended. Stop mixer and scrape sides and bottom of bowl again. Mix on medium-high speed 30 seconds.

SPOON cake batter into prepared cups. Bake cupcakes 12 to 15 minutes or until wooden toothpick inserted in center of cupcake comes out clean. Frost as desired.

Makes 18 cupcakes

Dulce de Leche Cheesecake

Prep time: *20 minutes*
Bake time: *45 to 55 minutes*
Chill time: *6 hours or overnight*

Filling:

- 1½ pounds low-fat cream cheese
- 1 cup SPLENDA® Granular
- 2 tablespoons all-purpose flour
- 2 teaspoons vanilla extract
- 3 eggs
- ⅓ cup low-fat milk
- ½ cup dulce de leche*
- 1 Crust (recipe follows)

**caramelized milk topping sold in Hispanic food sections at most supermarkets*

Crust:

- 1 cup graham cracker crumbs
- 3 tablespoons butter, melted

PREHEAT oven to 400°F. Mix crust ingredients together, and press into 9-inch springform pan. Place pan on baking sheet and bake 8 to 10 minutes. Remove from oven and cool.

Makes 1 (9-inch) crust

PREHEAT oven to 325°F.

BEAT cream cheese, SPLENDA® Granular and flour together until well mixed and smooth. Add vanilla and mix until blended. Add eggs, 1 at a time, scraping sides of bowl and beating well after each addition. Mix until smooth. Add milk and blend.

MEASURE ½ cup of cheesecake batter and pour into small bowl. Add dulce de leche and stir until well combined.

POUR plain batter over crust. Place spoonfuls of dulce de leche batter over plain batter. Gently swirl into plain batter with tip of knife or spatula.

BAKE 45 to 55 minutes or until center is almost set. Remove from oven and gently run metal spatula around rim of pan to loosen cheesecake (this helps prevent cracking). Cool 20 to 25 minutes before covering and placing in refrigerator. Chill 6 hours or overnight before serving.

Makes 1 (10-inch) cheesecake (16 slices)

Nutrients per serving
Serving size: 1 slice

Total calories:	190
Calories from fat:	110
Total fat:	12g
Saturated fat:	7g
Cholesterol:	70mg
Sodium:	200mg
Total carbohydrate:	15g
Dietary fiber:	0g
Sugars:	9g
Protein:	7g

Exchanges per serving
1 Starch, 1 Meat, 1 Fat

Splenda

Delightful

Drinks

Refreshing drinks with SPLENDA® No Calorie Sweetener

Strawberry-Orange Smash

Prep time: 5 minutes

2½ cups frozen, unsweetened strawberries
½ cup SPLENDA® Granular
1 cup calcium-fortified orange juice
¾ cup nonfat plain yogurt
½ teaspoon vanilla extract
¼ cup ice cubes

PLACE all ingredients in blender. Mix on low speed 15 to 20 seconds. Remove lid. Stir well. Cover and blend on medium speed until smooth.

POUR into 4 glasses and serve immediately.

Makes 4 (8-ounce) servings

Nutrients per serving
Serving size: 8 ounces

Total calories	100
Calories from fat	0
Total fat	0g
Saturated fat	0g
Cholesterol	0mg
Sodium	40mg
Total carbohydrate	21g
Dietary fiber	2g
Sugars	14g
Protein	4g

Exchanges per serving
1½ Fruit

Lemonade

Prep time: *5 minutes*

- 2 slices lemon
- 2 teaspoons lemon juice
- 3 packets SPLENDA® No Calorie Sweetener
- ½ cup club soda
- ¾ cup ice cubes
- Fresh mint leaves, washed

MASH lemon slices, lemon juice, and contents of SPLENDA® Packets with fork or spoon in tall glass. Add club soda and ice cubes; garnish with mint leaves and serve.

Makes 1 (8 fluid ounces) serving

Nutrients per serving	
Serving size: 8 fluid ounces	
Total calories:	20
Calories from fat:	0
Total fat:	0g
Saturated fat:	0g
Cholesterol:	0mg
Sodium:	25mg
Total carbohydrate:	5g
Dietary fiber:	0g
Sugars:	2g
Protein:	0g

Exchanges per serving
Free

Iced Mocha Latte

Preparation Time: *10 minutes*
Freeze time: *8 hours*

- ⅔ cup SPLENDA® Granular
- 2 tablespoons Dutch process cocoa
- 2 tablespoons instant coffee granules
- 2 cups boiling water
- 2 cups fat-free half and half, divided
- Optional Garnish: frozen whipped topping, chocolate curls

COMBINE SPLENDA® Granular, cocoa and coffee in a small bowl. Gradually whisk in boiling water, whisking until blended. Stir in 1 cup half and half. Pour mixture into ice cube trays. Freeze 8 hours.

POUR remaining 1 cup half and half in blender. Gradually add frozen mocha cubes, blending until smooth. Serve immediately. Garnish, if desired.

Makes 4 (8-ounce) servings

Nutrients per serving
Serving size: 8 fluid ounces

Total calories:	100
Calories from fat:	0
Total fat:	0g
Saturated fat:	0g
Cholesterol:	0mg
Sodium:	105mg
Total carbohydrate:	18g
Dietary fiber:	<1g
Sugars:	8g
Protein:	5g

Exchanges per serving
1 Starch

Ruby Red Chiller

Preparation Time: *15 minutes*

- **1 cup SPLENDA® Granular**
- **⅓ cup fresh lemon juice**
- **3 cups Ruby red grapefruit juice**
- **1 cup water**
- **2 Ruby red grapefruits, peeled, sectioned, and chopped**
- **2 cups mineral water, chilled**
- Optional Garnish: fresh mint sprigs, strips of lemon peel

COMBINE first 4 ingredients, stirring until SPLENDA® Granular dissolves. Add grapefruit, cover and chill.

ADD mineral water just before serving. Garnish, if desired. Serve immediately.

Makes 8 (8-ounce) servings

Nutrients per serving
Serving size: 8 fluid ounces

Total calories:	60
Calories from fat:	0
Total fat:	0g
Saturated fat:	0g
Cholesterol:	0mg
Sodium:	25mg
Total carbohydrate:	5g
Dietary fiber:	0g
Sugars:	2g
Protein:	0g

Exchanges per serving
1 Starch

Splenda

Winning Recipes

These delicious recipes take the prize.

Cranberry, Orange and Pistachio Scones

Prep time: 10 minutes
Bake time: 15 minutes

- 3 cups all-purpose flour
- 1½ teaspoons cream of tartar
- ¾ teaspoon baking soda
- ½ teaspoon salt
- 1 tablespoon orange rind
- 6 tablespoons butter
- ⅓ cup SPLENDA® Granular
- ¾ cup 1% low-fat milk
- ½ cup dried cranberries
- ½ cup chopped pistachio nuts

Nutrients per serving
Serving size: 1 scone

Total calories:	200
Calories from fat:	80
Total fat:	9g
Saturated fat:	3.5g
Cholesterol:	15mg
Sodium:	190mg
Total carbohydrate:	27g
Dietary fiber:	2g
Sugars:	4g
Protein:	5g

Exchanges per serving
2 Starch, 1 Fat

PREHEAT oven to 425°F. Spray a cookie sheet with vegetable cooking spray.

COMBINE flour, cream of tartar, soda, salt and orange rind in a large bowl; cut in butter with a pastry blender until mixture is crumbly. Add SPLENDA® Granular and milk to dry ingredients, stirring just until dry ingredients are moistened. Stir in cranberries and pistachio nuts.

PAT dough to a ¾-inch thickness on a lightly floured surface. Cut scones with a 2½-inch round biscuit cutter, and place on cookie sheet.

BAKE for 12 to 15 minutes or until lightly browned.

Makes 14 scones

Splenda

Jeweled Apple Pie

Prep time: *15 minutes*
Bake time: *60 minutes*

Pie

½ (15-ounce) package refrigerated piecrusts
½ cup SPLENDA® Granular
1 tablespoon all-purpose flour
1½ teaspoons ground cinnamon
¼ teaspoon ground nutmeg
¼ teaspoon salt
5 Rome or other cooking apples, peeled and sliced (about 2½ pounds)
⅓ cup dried cranberries
⅓ cup golden raisins
3 tablespoons lemon juice
1 tablespoon orange rind
2 teaspoons lemon rind

Streusel Topping

⅓ cup all-purpose flour
2 tablespoons SPLENDA® Granular
2 tablespoons dark brown sugar
½ teaspoon ground cinnamon
¼ teaspoon salt
½ cup uncooked regular oats
¼ cup chopped walnuts
¼ cup unsalted cold butter, cut into ¼-inch slices

PREHEAT oven to 425°F.

PLACE piecrust into a 9-inch pie plate according to package directions; fold edges under and crimp.

Filling Directions

COMBINE SPLENDA® Granular, flour, cinnamon, nutmeg and salt in a small mixing bowl; set aside.

COMBINE apple slices, cranberries, raisins, lemon juice, orange and lemon rind in a large mixing bowl; add SPLENDA® Granular mixture and toss gently. Spoon mixture into prepared piecrust. Top with Streusel Topping.

Streusel Topping Directions

COMBINE flour, SPLENDA® Granular, brown sugar, cinnamon and salt; stir in oats and walnuts. Cut butter in with a pastry blender until mixture is crumbly.

BAKE for 15 minutes. Reduce heat to 375°F and bake for 40 to 50 additional minutes or until topping is golden brown.

Makes 8 servings

Nutrients per serving
Serving size: 1 slice

Total calories	310
Calories from fat	120
Total fat	13g
Saturated fat	6g
Cholesterol	20mg
Sodium	280mg
Total carbohydrate	48g
Dietary fiber	4g
Sugars	22g
Protein	4g

Exchanges per serving
1 Starch, 2 Fruit, 2 Fat

Splenda

Key Lime Yogurt Bars

Preparation time: *25 minutes*
Freeze time: *4 hours*

- **8 whole graham crackers**
- **¼ cup SPLENDA® Granular**
- **⅛ teaspoon ground cinnamon**
- **2 tablespoons margarine, melted**
- **1½ cups SPLENDA® Granular**
- **⅓ cup Key lime juice**
- **2 cups plain low-fat yogurt**
- **1 cup reduced-fat frozen whipped topping, thawed**

SPRAY an 8×8-inch square pan with vegetable cooking spray. Set aside.

CRUSH graham crackers, reserving 2 tablespoons. Combine graham cracker crumbs, ¼ cup SPLENDA® Granular, cinnamon and margarine, mixing well. Firmly press mixture evenly on bottom of prepared pan; set aside.

COMBINE 1½ cups SPLENDA® Granular and lime juice in a heavy saucepan. Bring mixture to a boil. Reduce heat and cook about 5 minutes or until mixture is reduced by half. Set aside to cool.

STIR yogurt into SPLENDA® Granular and lime mixture; fold in whipped topping. Spoon mixture over graham cracker crust; sprinkle with reserved graham cracker crumbs. Cover and freeze at least 4 hours or until firm. Let stand at room temperature 10 minutes before cutting into bars.

Makes 9 servings

Nutrients per serving
Serving size: 1 bar

Total calories	150
Calories from fat	45
Total fat	5g
Saturated fat	3g
Cholesterol	5mg
Sodium	150mg
Total carbohydrate	22g
Dietary fiber	0g
Sugars	5g
Protein	4g

Exchanges per serving
1½ Starch, 1 Fat

Splenda

Crunchewey Cran-Nutty Carrot Cookies

Prep time: *15 minutes*
Bake time: *10 minutes*

- **3 cups quick-cooking oats**
- **1 cup all-purpose flour**
- **1 teaspoon baking soda**
- **1½ cups SPLENDA® Granular**
- **2 large eggs**
- **½ cup canola oil**
- **1 (8-ounce) can crushed pineapple in juice, un-drained**
- **1 cup flaked coconut**
- **1 cup shredded carrots**
- **1 cup dried cranberries**
- **1 cup chopped walnuts**
- **1 teaspoon vanilla extract**

PREHEAT oven to 350°F. Lightly spray cookie sheets with vegetable cooking spray.

COMBINE oats, flour and soda; set aside.

COMBINE SPLENDA® Granular, eggs and canola oil in a large mixing bowl, stirring until blended. Add pineapple with juice, coconut, carrots, cranberries, walnuts and vanilla, stirring until blended. Add dry ingredients, stirring until blended.

DROP dough by tablespoonfuls, 1½ inches apart, onto prepared cookie sheets.

BAKE 10 to 11 minutes or until lightly browned. Transfer to wire racks to cool.

Makes 4½ dozen cookies

Nutrients per serving
Serving size: 1 cookie

Total calories:	80
Calories from fat:	40
Total fat:	4.5g
Saturated fat:	1g
Cholesterol:	10mg
Sodium:	30mg
Total carbohydrate:	9g
Dietary fiber:	1g
Sugars:	3g
Protein:	2g

Exchanges per serving
½ Starch, 1 Fat

Carrot Cake D'Orange

Prep time: *20 minutes*
Chill time: *2 hours*
Bake time: *30 minutes*

Cake Layers

- 2 cups all-purpose flour
- 1 cup SPLENDA® Granular
- 2 teaspoons baking powder
- 2 teaspoons baking soda
- 1 tablespoon ground cinnamon
- ¾ cup canola oil
- 1 cup egg substitute
- ¾ cup fresh orange juice
- 1 teaspoon orange rind
- 2 cups shredded carrots
- 1 (15¼-ounce) can crushed pineapple in juice, drained
- 1 cup finely chopped pecans
- 1 cup flaked coconut

Optional Frosting

- ½ cup finely chopped pecans
- ½ cup flaked coconut
- 2 (8-ounce) packages reduced fat cream cheese, softened
- 1 cup light butter, softened
- 1 cup SPLENDA® Granular
- 2 teaspoons orange rind
- 2 teaspoons fresh orange juice

Cake Directions

PREHEAT oven to 325°F. Grease and flour 2 (9-inch) cake pans.

COMBINE flour, SPLENDA® Granular, baking powder, soda and cinnamon in a large bowl, stirring until blended. Add oil, egg substitute, orange juice and orange rind, stirring just until blended. Fold in carrots, pineapple, chopped pecans and coconut. Spoon the batter into prepared pans.

BAKE for 30 minutes or until a wooden pick inserted in the center comes out clean. Cool pans on wire racks 10 minutes; remove from pans and let cool completely on wire racks.

Frosting Directions

PLACE pecans and coconut in a shallow pan; bake at 325° for 5 minutes or until toasted, stirring occasionally. Cool.

BEAT cream cheese and butter at medium speed with an electric mixer until creamy. Add SPLENDA® Granular, orange rind and juice, beating at low speed until blended.

SPREAD frosting between layers and over top and sides of cake. Sprinkle top of cake with toasted coconut and pecans. Chill 2 hours before serving. Store the cake in the refrigerator.

Makes 12 servings

Nutrients per serving
Serving size: 1 slice without frosting

Total calories:	420
Calories from fat:	280
Total fat:	31g
Saturated fat:	10g
Cholesterol:	0mg
Sodium:	340mg
Total carbohydrate:	31g
Dietary fiber:	5g
Sugars:	8g
Protein:	7g

Exchanges per serving
2 Starch, 6 Fat

Splenda

Apple Cheesecake Torte

Prep time: *15 minutes*
Bake time: *35 minutes*

Crust
- ⅓ cup SPLENDA® Granular
- ½ cup butter, softened
- ½ teaspoon vanilla extract
- 1 cup all-purpose flour

Filling
- 1 (8-ounce package) cream cheese, softened
- ¼ cup SPLENDA® Granular
- ¼ cup egg substitute
- ½ teaspoon vanilla extract

Topping
- ⅓ cup SPLENDA® Granular
- ½ teaspoon ground cinnamon
- 4 cups peeled and sliced cooking apples (about 3 large apples)
- ¼ cup sliced almonds

Nutrients per serving
Serving size: 1 slice

Total calories:	320
Calories from fat:	210
Total fat:	23g
Saturated fat:	13g
Cholesterol:	60mg
Sodium:	190mg
Total carbohydrate:	24g
Dietary fiber:	2g
Sugars:	7g
Protein:	5g

Exchanges per serving
1½ Starch, 4 Fat

Crust Directions

PREHEAT oven to 450°F.

BEAT ⅓ cup SPLENDA® Granular and butter at medium speed with an electric mixer for 2 minutes. Stir in vanilla. Add flour, mixing until blended. Press on bottom and ½-inch up sides of a 9-inch spring form pan. Set aside.

Filling Directions

BEAT cream cheese and ¼ cup SPLENDA® Granular at medium speed with an electric mixer 2 minutes or until creamy. Add egg substitute and vanilla, beating until blended. Spoon mixture into prepared pan.

Topping Directions

COMBINE ⅓ cup SPLENDA® Granular and cinnamon; sprinkle over apple slices, tossing until coated. Arrange apple slices over cream cheese filling. Sprinkle with sliced almonds.

BAKE for 10 minutes; reduce temperature to 400°F and bake an additional 25 minutes. Remove cheesecake from oven; cool in pan on a wire rack. Separate sides from pan by releasing spring. Serve warm.

Makes 8 servings

Splenda Sugar Blend for Baking

Fresh baked favorites.

Splenda®

Sugar Blend for Baking

Chocolate Chip Cookies

Preparation time: 15 minutes
Bake time: 9 to 11 minutes

- 2¼ cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 cup butter or margarine
- ½ cup SPLENDA® Sugar Blend for Baking
- ½ cup firmly packed light brown sugar
- 1 teaspoon vanilla extract
- 2 large eggs
- 1 (12-ounce) package semi-sweet chocolate morsels

Nutrients per serving
Serving size: 1 cookie

Total calories:	150
Calories from fat:	70
Total fat:	8g
Saturated fat:	5g
Cholesterol:	25mg
Sodium:	160mg
Total carbohydrate:	18g
Dietary fiber:	0g
Sugars:	12g
Protein:	2g

Exchanges per serving
1 Starch, 1½ Fats

PREHEAT oven to 375°F.

COMBINE flour, baking soda and salt in a small bowl. Set aside.

BEAT butter, SPLENDA® Sugar Blend for Baking, brown sugar and vanilla at medium speed with an electric mixer until blended. Add eggs, one at a time, mixing well after each addition. Scrape sides of bowl. Gradually add flour mixture, beating until blended. Stir in chocolate morsels.

SPOON rounded tablespoons of cookie dough onto ungreased baking sheets.

BAKE cookies 9 to 11 minutes or until lightly browned. Remove from oven and cool on a wire rack.

Makes 3 dozen cookies

Splenda Sugar Blend for Baking

Lemon Velvet Layer Cake

Preparation time: *30 minutes*
Bake time: *40 minutes*

Cake Layers

- 2½ cups sifted cake flour
- 1 cup SPLENDA® Sugar Blend for Baking
- 2½ teaspoons baking powder
- ½ teaspoon salt
- ½ cup butter, softened
- 3 large eggs, lightly beaten
- 1 cup milk
- ¼ teaspoon lemon extract
- 1 teaspoon lemon rind

Lemon Filling

- ⅔ cup SPLENDA® Sugar Blend for Baking
- 2½ tablespoons cornstarch
- 1 cup water
- 2 egg yolks, lightly beaten
- 2 tablespoons butter
- 2 tablespoons lemon rind
- ¼ cup freshly squeezed lemon juice

Whipped Cream Frosting

- 1¼ cups whipping cream
- 2 tablespoons SPLENDA® Sugar Blend for Baking
- 1 teaspoon lemon rind
- ¼ teaspoon lemon extract

Cake Layer Directions

PREHEAT oven to 350°F. Grease and flour 2 (8-inch) round cake pans.

COMBINE flour, SPLENDA® Sugar Blend for Baking, baking powder and salt in a large mixing bowl. Cut butter into flour mixture with a fork or a pastry blender until crumbly. (This procedure may be done with a mixer at the lowest speed).

STIR together egg, milk and lemon extract in a small mixing bowl; add ½ of the egg mixture to flour mixture. Beat at low speed with an electric mixer until blended. Beat at medium speed for 30 seconds or until batter is smooth, stopping to scrape down sides of the bowl. Repeat procedure 2 times. Spoon batter into prepared pans.

BAKE for 25 to 30 minutes or until a toothpick inserted in center comes out clean. Cool in pans on a wire rack 10 minutes; remove layers from pans and cool on a wire rack.

Lemon Filling Directions

COMBINE SPLENDA® Sugar Blend for Baking, cornstarch and water. Cook over medium heat, whisking constantly, in a non-reactive saucepan until mixture thickens. Gradually add about ¼ of hot custard mixture into yolks, whisking until blended; return to remaining hot mixture, whisking constantly. Cook, whisking constantly, until mixture comes to a boil; boil 1 minute, whisking constantly. Remove from heat and stir in butter, lemon rind and lemon juice. Place plastic wrap on the surface. Set aside to cool.

Nutrients per serving
Serving size: 1 slice

Total calories:	310
Calories from fat:	150
Total fat:	16g
Saturated fat:	10g
Cholesterol:	110mg
Sodium:	170mg
Total carbohydrate:	40g
Dietary fiber:	1g
Sugars:	24g
Protein:	4g

Exchanges per serving
2½ Starch, 3 Fat

Whipped Cream Frosting Directions

BEAT whipping cream until foamy; gradually add SPLENDA® Sugar Blend for Baking, lemon rind and lemon extract, beating until soft peaks form.

To Assemble Cake

SPREAD Lemon filling between cake layers. Spread Whipped Cream Frosting on top and sides of cake.

Makes 16 servings

Splenda
Sugar Blend for Baking

Chocolate Cupcakes

Preparation time: *15 minutes*
Bake time: *22 minutes*

- ½ cup cocoa
- ½ cup boiling water
- 1½ cups sifted cake flour
- 1 cup SPLENDA® Sugar Blend for Baking
- ½ teaspoon baking soda
- ¼ teaspoon salt
- ¾ cup butter
- 2 large eggs, lightly beaten
- ¼ cup milk
- 1 teaspoon vanilla extract

PREHEAT oven to 350°F.

COMBINE cocoa and boiling water, whisking until blended. Set aside.

COMBINE flour, SPLENDA® Sugar Blend for Baking, baking soda and salt in a large mixing bowl. Cut butter into flour mixture with a fork or a pastry blender until crumbly. (This procedure may be done with a mixer at the lowest speed. Cover mixing bowl with a clean tea towel to prevent spattering.)

COMBINE eggs, milk, cocoa mixture and vanilla in a small mixing bowl; add ⅓ of the egg mixture to flour mixture. Beat at low speed with an electric mixer until blended. Beat at medium speed for 30 seconds or until batter is smooth, stopping to scrape down sides of the bowl. Repeat procedure 2 times.

SPOON batter into paper lined muffin tins.

BAKE 22 minutes or until a toothpick inserted in center comes out clean. Remove from pan; cool completely on a wire rack. Frost as desired.

Makes 18 cupcakes

Nutrients per serving
Serving size: 1 cupcake

Total calories:	160
Calories from fat:	80
Total fat:	9g
Saturated fat:	5g
Cholesterol:	0mg
Sodium:	45mg
Total carbohydrate:	20g
Dietary fiber:	1g
Sugars:	11g
Protein:	2g

Exchanges per serving
1 Starch, 1 Fat

Splenda Sugar Blend for Baking

Angel Food Cake

Preparation time: *30 minutes*
Bake time: *40 to 45 minutes*
Cool time: *30 minutes*

1½ cups egg whites (whites from 10 to 12 large eggs)
1½ teaspoons cream of tartar
1 teaspoon vanilla extract
¼ cup SPLENDA® Sugar Blend for Baking
½ cup light corn syrup
1 cup sifted cake flour
¼ cup cornstarch
¾ cup SPLENDA® Sugar Blend for Baking

PREHEAT oven to 350°F.

PLACE egg whites in a large mixing bowl; let stand at room temperature for 30 minutes. Add cream of tartar and vanilla extract. Beat at high speed with an electric mixer until soft peaks form. Gradually add ¼ cup SPLENDA® Sugar Blend for Baking and light corn syrup.

SIFT flour and cornstarch 2 times into another large mixing bowl. Add ¾ cup SPLENDA® Sugar Blend for Baking to flour mixture, stirring until blended.

SPRINKLE ¼ of the flour mixture over the egg whites. Fold gently. Repeat procedure three times with the remaining flour mixture.

Nutrients per serving
Serving size: 1 slice

Total calories:	170
Calories from fat:	0
Total fat:	0g
Saturated fat:	0g
Cholesterol:	0mg
Sodium:	70mg
Total carbohydrate:	39g
Dietary fiber:	0g
Sugars:	27g
Protein:	4g

Exchanges per serving
2 Starch

POUR batter into an ungreased 10-inch tube pan, spreading batter evenly in pan. Cut through batter with a knife to remove air bubbles.

BAKE on lowest rack in oven for 40 to 45 minutes, or until cake springs back when lightly touched.

INVERT tube pan; cool cake in the pan for 30 to 40 minutes.

LOOSEN cake from sides of pan using a narrow metal spatula; remove cake from pan.

Makes 12 servings

Splenda
Sugar Blend for Baking

Meringue Bites with Strawberries and Cream

Preparation time: *15 minutes*
Bake time: *1 hour and 15 minutes*
Standing time: *8 hours or overnight*

4 egg whites
¼ teaspoon cream of tartar
1 teaspoon vanilla extract
⅔ cup SPLENDA® Sugar Blend for Baking

Topping
1 cup light sour cream or reduced-fat whipped topping
40 strawberries
Optional Garnish: fresh mint leaves

PREHEAT oven to 250°F. Line baking sheets with parchment paper.

BEAT egg whites, cream of tartar and vanilla at high speed with an electric mixer until foamy.

ADD SPLENDA® Sugar Blend for Baking, 1 tablespoon at a time, beating until stiff peaks form and SPLENDA® Sugar Blend for Baking dissolves.

SPOON heaping tablespoonfuls of mixture onto baking sheets.

BAKE 1 hour and 15 minutes; turn oven off. (If meringues begin to brown, reduce oven temperature to 225°F). Let meringues stand in oven with door closed and oven light on for 8 hours or overnight. Store in an airtight container.

TOP each meringue just before serving with 1 scant teaspoon of sour cream and a strawberry. Garnish, if desired.

Makes 40 (1½-inch) meringues

Nutrients per serving
Serving size: 1 meringue

Total calories:	25
Calories from fat:	5
Total fat:	0g
Saturated fat:	0g
Cholesterol:	0mg
Sodium:	10mg
Total carbohydrate:	5g
Dietary fiber:	0g
Sugars:	4g
Protein:	1g

Exchanges per serving
½ Starch

Splenda Sugar Blend for Baking

Chocolate and Vanilla Sugar Cookies

Preparation time: *27 minutes*
Chill time: *1 hour*
Bake time: *8 to 10 minutes*

- **3 (1-ounce) squares semisweet chocolate**
- **1 cup unsalted butter, softened**
- **1 cup SPLENDA® Sugar Blend for Baking**
- **2 large eggs**
- **2 teaspoons vanilla extract**
- **4 cups all-purpose flour**
- **1 teaspoon baking powder**
- **¼ teaspoon salt**

MELT chocolate in a 1-cup glass measuring cup at HIGH 1 to 1½ minutes or until melted, stirring twice. Set aside.

BEAT butter at medium speed with an electric mixer in a medium mixing bowl until creamy. Gradually add SPLENDA® Sugar Blend for Baking, beating well. Add eggs, one at a time, mixing well after each addition. Stir in vanilla.

COMBINE flour, baking powder and salt in a separate mixing bowl. Gradually add flour mixture to SPLENDA® Sugar Blend for Baking mixture, beating until blended. Do not overbeat. Divide dough in half. Stir melted chocolate into half of mixture.

PLACE dough on a lightly floured work surface.

For Checker Board Cookies, shape chocolate dough into 2 rectangular logs approximately 1-inch in diameter. Repeat procedure with vanilla dough. Cut each log lengthwise into quarters. Reassemble logs, alternating chocolate and vanilla to form a checkerboard pattern. Proceed as directed below.

Nutrients per serving
Serving size: 2 cookies

Total calories:	130
Calories from fat:	50
Total fat:	6g
Saturated fat:	3.5g
Cholesterol:	25mg
Sodium:	30mg
Total carbohydrate:	18g
Dietary fiber:	0g
Sugars:	7g
Protein:	2g

Exchanges per serving
1 Starch, 1 Fat

For Pinwheel Cookies, roll chocolate dough into 2 (8×9-inch) rectangles. Roll vanilla dough into 2 (8×10-inch) rectangles. Place vanilla layer on bottom so that it extends 1-inch beyond the chocolate layer; roll as for a jellyroll. Process as directed below.

For Striped Cookies, divide each flavor into 3 balls. Roll each ball into a 7½×3-inch rectangle; cut each rectangle into 5 (1½×3-inch strips). Stack 5 strips alternating chocolate and vanilla. Proceed as directed below.

WRAP logs in plastic wrap and chill for one hour or until slightly firm. (Dough can be frozen up to three months at this point).

PREHEAT oven to 350°F. Lightly grease cookie sheets.

REMOVE dough from refrigerator. Slice cookies ¼-inch thick and place on prepared cookie sheets.

BAKE 8 to 10 minutes or until edges of cookies are lightly browned. Cool slightly on cookie sheets; remove to wire racks to cool completely.

Makes 6 dozen cookies

Splenda
Sugar Blend for Baking

Sugar Cookies

Preparation time: *27 minutes*
Chill time: *1 hour*
Bake time: *8 to 10 minutes*

- **1 cup unsalted butter, softened**
- **1 cup SPLENDA® Sugar Blend for Baking**
- **2 large eggs**
- **2 teaspoons vanilla extract**
- **4 cups all-purpose flour**
- **1 teaspoon baking powder**
- **½ teaspoon salt**
- Optional Garnish: decorative candies, colored sugars

Nutrients per serving	
Serving size: 1 cookie	
Total calories:	150
Calories from fat:	60
Total fat:	7g
Saturated fat:	4g
Cholesterol:	30mg
Sodium:	60mg
Total carbohydrate:	19g
Dietary fiber:	0g
Sugars:	7g
Protein:	2g

Exchanges per serving
1½ Starch, 1 Fat

BEAT butter at medium speed with an electric mixer in a medium mixing bowl until creamy. Gradually add SPLENDA® Sugar Blend for Baking, beating well. Add eggs, one at a time, mixing well after each addition. Stir in vanilla.

COMBINE flour, baking powder and salt in a separate mixing bowl. Gradually add flour mixture to SPLENDA® Sugar Blend for Baking mixture, beating until blended. Do not over-mix.

PLACE dough on a lightly floured work surface. Divide dough in half; pat each half into a circle and wrap with plastic wrap. Chill cookie dough for one hour or until slightly firm.

PREHEAT oven to 325°F.

REMOVE dough from refrigerator. Work with one portion of dough at a time. Roll each portion to ⅛-inch thickness on a lightly floured surface. Cut with a cookie cutter, and place on lightly greased cookie sheets. Sprinkle with decorative candies or colored sugars, if desired.

BAKE in preheated oven 8 to 10 minutes or until edges of cookies are lightly browned. Cool slightly on cookie sheets; remove to wire racks to cool completely.

Makes 2½ dozen cookies

Splenda Sugar Blend for Baking

Oatmeal Raisin Cookies

Preparation time: *15 minutes*
Bake time: *10 to 12 minutes*

- 1½ cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1 cup butter, softened
- 1 cup SPLENDA® Sugar Blend for Baking
- 1 tablespoon molasses
- 2 large eggs
- 1½ teaspoons vanilla extract
- 3 cups old-fashioned oats, uncooked
- 1 cup raisins

PREHEAT oven to 350°F.

STIR together flour, soda and cinnamon. Set aside.

BEAT butter and SPLENDA® Sugar Blend for Baking at medium speed with an electric mixer until fluffy. Add eggs, molasses and vanilla, beating until blended. Gradually add flour mixture, beating at low speed until blended.

STIR in oats and raisins.

DROP dough by rounded tablespoons onto lightly greased baking sheets.

BAKE 10 to 12 minutes or until lightly browned. Cool slightly on baking sheets. Remove to wire racks; cool completely.

Makes 3 dozen cookies

Nutrients per serving
Serving size: 1 cookie

Total calories:	130
Calories from fat:	50
Total fat:	6g
Saturated fat:	3.5g
Cholesterol:	25mg
Sodium:	90mg
Total carbohydrate:	18g
Dietary fiber:	0g
Sugars:	8g
Protein:	2g

Exchanges per serving
1 Starch, 1 Fat

Splenda Sugar Blend for Baking

Sour Cream Pound Cake

Preparation time: *15 minutes*
Bake time: *1 hour and 20 minutes*

- **3 cups sifted cake flour**
- **1½ cups SPLENDA® Sugar Blend for Baking**
- **¼ teaspoon baking soda**
- **1 cup butter, softened**
- **6 large eggs**
- **1 (8-ounce) carton sour cream**
- **2 teaspoons vanilla extract**

PREHEAT oven to 325°F.

GREASE and flour a 10-inch tube pan or a 12-cup Bundt pan; set aside.

COMBINE flour, SPLENDA® Sugar Blend for Baking and baking soda in a large mixing bowl. Cut butter into flour mixture with a fork or a pastry blender until crumbly. (This procedure may be done with a mixer at the lowest speed. Cover mixing bowl with a clean tea towel to prevent spattering).

COMBINE eggs, sour cream and vanilla in a small mixing bowl; add ¼ of the egg mixture to flour mixture. Beat at low speed with an electric mixer until blended. Beat at medium speed for 30 seconds or until batter is smooth, stopping to scrape down sides of bowl. Repeat procedure 3 times.

SPOON batter into prepared pan.

BAKE for 1 hour and 20 minutes or until a toothpick inserted in center comes out clean. Cool in pan on a wire rack 10 minutes. Remove from pan; cool completely on a wire rack.

Makes 18 servings

Nutrients per serving
Serving size: 1 slice (1/18th of cake)

Total calories:	290
Calories from fat:	120
Total fat:	14g
Saturated fat:	7g
Cholesterol:	105mg
Sodium:	120mg
Total carbohydrate:	35g
Dietary fiber:	0g
Sugars:	17g
Protein:	4g

Exchanges per serving
2 Starch, 3 Fat

Index

Angel Food Cake 84
Apple Cheesecake Torte 76
Baked Salmon with Orange Ginger Sauce 28
Banana Walnut Bread 6

BEVERAGES
- Iced Mocha Latte 63
- Lemonade 60
- Ruby Red Chiller 64
- Strawberry-Orange Smash 58

BREADS
- Banana Walnut Bread 6
- Cinnamon Swirl Coffeecake 8
- Cranberry, Orange and Pistachio Scones 66
- Dried Cherry and Almond Scones 10
- Lemon Poppyseed Muffins 12

Candied Popcorn 34
Carrot Cake D'Orange 74
Cheery Cherry Pie 46
Chili Meatloaf 26
Chili Vegetarian Style 22
Chocolate and Vanilla Sugar Cookies 88
Chocolate Chip Cookies 78
Chocolate Cupcakes 82

Cinnamon Swirl Coffeecake 8
Citrus Glazed Chicken with Toasted Almonds 31
Coconut Cream Pie 51
Cranberry, Orange and Pistachio Scones 66
Crunchewey Cran-Nutty Carrot Cookies 72
Cucumber and Onion Salad 16

DESSERTS
- Angel Food Cake 84
- Apple Cheesecake Torte 76
- Candied Popcorn 34
- Carrot Cake D'Orange 74
- Cheery Cherry Pie 46
- Chocolate and Vanilla Sugar Cookies 88
- Chocolate Chip Cookies 78
- Chocolate Cupcakes 82
- Coconut Cream Pie 51
- Crunchewey Cran-Nutty Carrot Cookies 72
- Dulce de Leche Cheesecake 57
- Easy Pear Crisp 49
- Jeweled Apple Pie 68
- Key Lime Yogurt Bars 71
- Lemon Raspberry Bars 44
- Lemon Velvet Layer Cake 80
- Low-Fat Lime Cheesecake 52
- Meringue Bites with Strawberries and Cream 86
- Oatmeal Raisin Cookies 92
- Peanut Butter Chocolate Cheesecake Cups 36
- Raspberry Ice Pops 32
- Rice Pudding 39
- Sour Cream Pound Cake 94
- Sugar Cookies 90
- Summer Berry Terrine 40
- Yellow Cupcakes 54

Dried Cherry and Almond Scones 10
Dulce de Leche Cheesecake 57
Easy Pear Crisp 49
Iced Mocha Latte 63
Jeweled Apple Pie 68
Key Lime Yogurt Bars 71
Layered Chinese Chicken Salad 18
Lemon Poppyseed Muffins 12
Lemon Raspberry Bars 44
Lemon Velvet Layer Cake 80
Lemonade 60
Low-Fat Lime Cheesecake 52
Meringue Bites with Strawberries and Cream 86
Mixed Berry Jam 43
Oat Bran Pancakes 14
Oatmeal Raisin Cookies 92
Orange-Almond Salad 20
Peanut Butter Chocolate Cheesecake Cups 36
Raspberry Ice Pops 32
Rice Pudding 39
Ruby Red Chiller 64

SALADS

Cucumber and Onion Salad 16
Layered Chinese Chicken Salad 18
Orange-Almond Salad 20
Warm Spinach Salad 25

Sour Cream Pound Cake 94
Strawberry-Orange Smash 58
Sugar Cookies 90
Summer Berry Terrine 40
Warm Spinach Salad 25
Yellow Cupcakes 54

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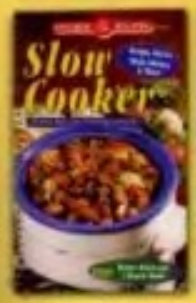

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